



Indy's back and he's still got it



Tips for brave DIY-ers

New gang hits city: Police

Multi-ethnic group known for coke and guns trade, cops say

By JEFF CUMMINGS
Metro Edmonton

A multi-ethnic street gang known as the Independent Soldiers — notorious for its trade in commercial cocaine and firearms in British Columbia — now has members in Alberta's capital, says the Edmonton police gang unit.

Const. Kevin Berge said yesterday the Vancouver-based gang, whose members wear hip-hop style red and black clothing, has slowly moved into Kelowna and Calgary, and now police are finding members in Edmonton.

Several reports out of Vancouver link the Independent Soldiers to a number of shootings involving rivalries with other gangs in that city.

"We know for sure we do have members (in Edmonton), but we don't know how many members or associates are here," Berge said in a news conference.

warrants out for alleged gang members

>> Police have issued warrants for alleged Independent Soldier members Bradley Wayne Fitzpatrick, 35, Michael Stanley, 20, and Landon John Borkowski, 23, on several trafficking firearms offences.



Fitzpatrick

Stanley

Borkowski

Berge says Independent soldiers, who have ties to the Hells Angels, is now only a small gang in Edmonton.

The gang, however, could thrive and grow thanks to Alberta's booming economy and a growing demand

for cocaine, Berge said.

There are currently 18 to 20 known street gangs in Edmonton.

Police last week seized more than \$27,000 worth in street value of cocaine, a loaded AR-15 assault rifle

only used by police and the military, a 9mm handgun, body armour, and a number of Independent Soldier-labelled clothing from a home on 156 Avenue and 44 Street after conducting a search warrant. Three alleged members, who investigators believe lived in the home, were not around at the time of the search, police said.

Police also raided a home on Roland Road over the weekend and seized 28 oxycontin pills, ammunition and more Independent Soldier-labelled clothing.

-jeff.cummings@metronews.ca

denial

Denise says she never asked for Charlie Sheen's sperm



Iraq war deserter to be deported



Omelette, pasta, ice cream — oh my



BEN LEAHMS/METRO EDMONTON

Fired up over rights abuses

Carrie Gilkison of Calgary plays the role of the symbolic Greek torch bearer at a protest in Churchill Square yesterday. The Human Rights Torch Relay has been held in cities all over the world to draw attention to the Chinese Communist Party's human rights violations.

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local



Elton John is returning to Rexall Place this fall, two years after the flamboyant superstar made his last stop in the Capital City. Tickets for the September 13 show go on sale on Monday, and range from \$79 to \$149. METRO EDMONTON



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'Manage growth, not stop it'

Tories introduce new Alberta land-use policy

By JEFF CUMMINGS
Metro Edmonton

Alberta will be split into six regions to help "strengthen the balance" between economic planning and the environment — one of six strategies in a proposed land-use plan unveiled by the Tory government yesterday.

The proposed land-use planning policy, however, is

vague when it comes to controlling the rapid pace of growth with Alberta's controversial oilsands projects, say critics.

"Our object is to manage growth, not stop it," said Sustainable Resource Minister Ted Morton.

"I don't consider (the land-use plan) will curtail growth, but the focus is going to be on sustaining it."

In the proposed plan, each new region to be set up by the government will be based on the number of watersheds in each zone. Each

strategies

» Other strategies in the provincial government's proposed land-use framework include:
 ▶ Creating a cabinet committee, land-use secretariat and regional advisory council in each region.
 ▶ Making a cumulative approach to regional planning that will take into account how new develop-

ments will affect water, air quality, and the land.
 ▶ Developing new policy tools for conservation and stewardship on private and public lands.
 ▶ Establishing an information, monitoring and knowledge system to help with decision-making.
 ▶ Including aboriginal groups in land-use planning.

will have an individual plan set by the province when it comes to development, such as setting targets for emis-

sions, water use and other environmental impacts.

Each region under the new plan would be responsible in

coming up with its own policies for housing, farming, resource development and recreation.

Morton says municipal governments will still have the power to make decisions on new developments at a local level, but those decisions must be consistent with the province's regional plan.

Alberta Liberal critic David Swann says he agrees with the new land-use policy, but is concerned the province didn't make mention of how it would pace developments. And he said

the process of implanting the plan will take too long.

"This is going to open up a free-for-all in the next few years, they've already mentioned they are not going to slow down development, so this is a concern," said Swann.

A new strategy for Alberta's transportation and utility corridors, a new parks plan, a plan to minimize flood damage, and a strategy to control recreation on public lands is also being called for in the draft.

-jeff.cummings@metronews.ca

A bullet to the buttocks

Man shot in derriere in fight at strip club

By JEFF CUMMINGS
Metro Edmonton

A fight inside a west-end strip club resulted in a 25-year-old man getting treated for a gunshot wound to his derriere in hospital yesterday morning.

Police say a fight broke

link

» Police say they learned more about the fight after visiting an injured man in hospital who was later linked to the incident.

out between two groups of men, including the one shot in his buttocks, sometime before 2 a.m. inside the Diva's Exotic Ultra Lounge

at 109 Avenue near 166 Street.

Police were called after an employee discovered a shell casing. But by that time, all of the strip club's customers, including the groups involved in the fight, were long gone, say city cops.

The man's injuries did not appear to be serious and no arrests have been made in the incident, police said.

The Works festival Art for the city's sake



Artist Stephanie Jonsson helps The Works art and design festival kick off its 2008 season yesterday at the Sutton Place Hotel. Her piece, Secret Seedling, 2008, a funky mixed media of fired clay with glazes and fabric, will join 44 exhibits by 400 artists in downtown venues. The festival starts June 20.

»news In Brief



» **IN CUSTODY** A man from Hobbema is in custody today, facing a long list of drinking and driving charges after a crash that killed three people at the end of April. Jody Lee Francis Soosay, 28, was arrested and charged last week after blood tests indicated that he was driving with a blood alcohol level over the legal limit, when the car he was driving slammed into a Jeep at an intersection on a highway near the reserve. Two men from the car were pronounced dead at the scene. They were both related to Soosay. One man from the Jeep was also

pronounced dead at the scene of the accident. Soosay faces 12 charges, including impaired driving causing death, criminal negligence causing death, impaired driving causing bodily harm, criminal negligence causing bodily harm and driving while prohibited. Soosay has been remanded in custody due to outstanding warrants and is expected to appear in Wetaskiwin Provincial Court on May 27.

» **HONOURS** Three police officers from the Edmonton region will be given honours for their work by Gov. Gen.

Michaëlle Jean at a ceremony in Ottawa's Rideau Hall today. Edmonton Police Staff Sgt. Kenneth Hykawy, Sherwood Park RCMP Sgt. Sharon Meredith and Thorsby RCMP Cpl. Stewart Angus will be three of 60 officers across the country named as members of the Order of Merit of the Police Forces. The order was created in October 2000 to recognize conspicuous merit and exceptional service by Canadian police officers who have made contributions that have gone beyond simply protecting a community.

METRO EDMONTON



A flashback from the '80s is making a return to Edmonton. On July 8, Billy Idol, left, will be making a stop and a few rebel yells at the River Cree casino for a one-night performance. Tickets for the show go on sale tomorrow.

METRO HALIFAX

Killer reveals little at woman's trial

Laboucan cloudy in Courtepatte murder case

By VICTORIA HANDYSIDES
Metro Edmonton

Convicted murderer Joseph Laboucan didn't paint a very clear picture yesterday in court when recalling the details of the brutal murder of 13-year-old Nina Courtepatte.

The now 21-year-old man — sentenced to life in prison for murder in the case — denies any involvement in the rape and murder of the girl. He testified yesterday that on the cold night in April 2005, he saw convicted killer

Stephanie Bird hit Courtepatte from behind with a wrench, and that Michael Briscoe jumped in, hitting her repeatedly with a blunt object.

To date, Briscoe is the only person out of the group of five charged who has been acquitted.

A 19-year-old woman, who was 16 at the time of the crime, is the last to stand trial.

She is accused of first-degree murder, sexual assault and kidnapping.

At her trial, Laboucan testified he didn't remember many details about the murder or how it happened. He claims that he and Courtepatte "made out" on

the way to the west end golf course, where her lifeless body was eventually found. Laboucan said that after Bird and Briscoe repeatedly beat Courtepatte, he walked back to the vehicle, and noticed she was no longer with the group.

"I knew why she wasn't there," he said. "But I didn't know if she was alive or dead at the time."

He said that after getting back into the car, Briscoe turned and threatened him to keep his mouth shut about the murder.

"He said, 'if you tell anyone, I'll kill you,' and that kind of thing," Laboucan said.

—victoria.handysides@metronews.ca

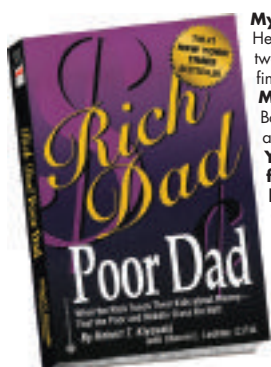
Lousy weather **Strolling in the rain**



BEN LEAPHERS/METRO EDMONTON

A woman walks through a downpour at noon hour yesterday next to Churchill Square downtown along 100 Street. According to Environment Canada the rain is expected to continue through today, with gloomy skies remaining till Sunday.

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Robert Kiyosaki will not be appearing at the workshop.



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Gym fees hurting kids' sports: Critics

Lower income families losing out

Local soccer officials and various groups including the Girl Guides want the city to help out with a gymnasium fee they say will put thousands of their members at risk of not playing, because of rising costs.

Richard Svekla, Vice President of Edmonton South West Soccer Association, said that if the fee to rent gymna-

siums remains, lower income families might have to quit the sport, taking away children from exercise and putting them on the streets.

City councillors said though that while they sympathized with the various groups, this fell under provincial jurisdiction since it is the school boards that charge the fees.

"It was placed into our lap by another (division) of government," said councillor Linda Sloan.

crime

Teen charged with hit and run

ARREST Charges have been laid after a hit-and-run incident left a man badly hurt in a quiet southwest neighbourhood on the holiday weekend.

The registered owner of the suspect vehicle has been charged with criminal hit and run. The victim remains in hospital in serious but stable condition.

Charged is 18-year-old Geoffrey Robert Mazereeuw.

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Liberal Leader Stéphane Dion's approval rating has sunk to its lowest level yet, with nine of 10 Canadians saying they disapprove or are not sure of his performance at the head of the party, according to the latest Torstar/Angus Reid opinion poll. TORSTAR NEWS SERVICE

Deserter told to leave

U.S. soldier served in Iraq before fleeing to Canada

After a 22-month battle to earn a home in Toronto, a former American soldier was told yesterday he will become the first Iraq War resister to be deported from Canadian soil after his application to stay in the country was rejected.

A dejected Corey Glass, 25, stared blankly at the floor of a tiny room in a Toronto church as members of the War Resisters Support Campaign informed media and other American war resisters of his failed bid to remain in the country and the consequences he now faces.

"He's supposed to leave on his own by June 12," said the group's co-ordinator, Lee Zaslofsky, who came to Canada after fleeing enlistment in the American military during the Vietnam War. "After that, he's subject to deportation."

The rejection, Zaslofsky said, was based on a failed pre-removal risk assessment by Citizenship and Immigration Canada, which found that, if removed from the country, Glass would not be at immediate risk of death, torture, or cruel or unusual treatment or punishment.



U.S. soldier who fought in Iraq before deserting and coming to Canada, Corey Glass, 25, sits before speaking to the media in Toronto yesterday.

The potential consequence is unclear; past deserters who have returned to the U.S. have received punishments ranging from a dishonourable discharge to jail time in a military prison.

This first rejection could be a chilling sign of things to come for at least nine other war resisters who have requested a pre-removal risk assessment, Zaslofsky said, and could shut the door to other war resisters' attempts to find

a home in Canada.

An Indiana native, Glass's tenure with the military began in 2002 when he joined the National Guard to complete "humanitarian work" within the United States, he said. At that time, he had no idea he would end up fighting on foreign shores.

"When I joined the National Guard, they told me the only way I would be in combat was if there were troops occupying the United States," he

said. "I signed up to defend people and do humanitarian work filling sandbags if there was a hurricane. I should have been in New Orleans, not Iraq."

When he was deployed to Iraq in 2005, Glass said he tried to quit the military and was returned home on a leave later that same year. He then went AWOL for eight months before defecting to Toronto in August, 2006.

TORSTAR NEWS SERVICE

Tougher label rules proposed

Prime Minister Stephen Harper is proposing tougher food labeling guidelines at a time of growing concern that unknown, potentially hazardous ingredients from abroad are finding their way into the products on Canada's store shelves.

Saying frustrated consumers have lost faith in the labeling system, the Conservative government is planning regulations to ensure that additives and

half—comes from foreign sources, Harper said.

"The truth is, foods marked 'Product of Canada' or 'Made in Canada' may not be very Canadian at all," he remarked during a press conference at a

berry farm in Ontario.

Today a bottle of apple juice labeled as made in Canada may have been made from apples grown in China, Harper said. And a bar of chocolate might be marked as a Canadian product but be made

new system

» Under the initiative, "all or virtually all" of the ingredients in "Product of Canada" items would have to be Canadian, with the only exception being spices or minor additives not available here. Other Canadian-produced foods would be labeled either "Made in Canada from domestic and imported ingredients" or "Made in Canada from imported ingredients."

ingredients produced in foreign countries are kept out of items carrying the "Product of Canada" sticker.

Current rules allow use of that label or "Made In Canada" even if a substantial portion of the product—up to

with cocoa beans from the Ivory Coast. The Tories' proposals, which the government will submit to public consultation for the next month, are the first update in food labeling rules in two decades.

TORSTAR NEWS SERVICE

Guantanamo Bay

U.S. had policy on minor detainees

KHADR U.S. military doctors drafted policies recommending detainees under the age of 18 be kept out of Guantanamo Bay or receive special treatment to "minimize psychological, emotional and physical harm" at a time when Canadian Omar Khadr was interrogated and held among adult detainees, a newly disclosed document reveals.

The document indicates for the first time the U.S. administration's recognition that "enemy combatants" under the age of 18 are entitled to special treatment. It was written by four military doctors and released to Khadr's defence team. TORSTAR NEWS SERVICE

Staff ignored pleas: Watchdog

Four veteran prison guards stood by as native inmate Martin Blackwind bled to death from a self-inflicted wound and were docked only 10 to 20 days' pay, says a report released yesterday.

Blackwind, 52, bled to death Oct. 3, 2006, after slashing his arm. He was at the Warkworth medium security prison northeast of Toronto.

The investigation shows staff offered no assistance despite Blackwind's pleas for

help. When paramedics finally arrived he could not be revived. Correction watchdog Howard Sapers concluded the wound likely would not have been fatal had it been attended to. Sapers, Canada's correctional investigator, told Torstar not only was the guards' punishment insufficient, the incident underscores the CSC's inadequate response to medical emergencies, allegations of discrimination toward native offenders and excessive delays

in the investigative process.

The Ontario regional president for the Union of Canadian Correctional Officers said nothing supports allegations of discrimination or that guards failed to do their job.

Public Safety Minister Stockwell Day's office said Correctional Service of Canada is "reviewing the findings and recommendations of (the) report to determine the appropriate next steps to take."

TORSTAR NEWS SERVICE

» news In Brief

» **POLITICS** Prime Minister Stephen Harper slammed yesterday Liberal leader Stéphane Dion's proposal for a carbon tax to reduce

greenhouse gas emissions, calling it a "foolish" move at a time of soaring energy prices.

» **ABORTION** Canada's abortion rate fell by 3.2 per cent overall

in 2005, Statistics Canada reported yesterday, with teen abortions down by nearly 6 per cent.

REUTERS/METRO NEWS SERVICE

Dance group Celebration



Propeller Dance performers dance during a ceremony in Ottawa yesterday to announce a \$100,000 grant from the Ontario Trillium Foundation and to launch the group's website, propellerdance.com. The group is Ontario's only all-inclusive dance ensemble for people with and without disabilities.

TIM WIEGANS/METRO OTTAWA

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world

Police in Kazakhstan have arrested the editor of an anti-corruption newsletter on charges of bribing one of its officers. Editor Tokbergen Abiyev is accused of paying to obtain information about judges. **REUTERS**



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UN chief to meet Myanmar leader

Focus on saving lives, not politics, says Ban Ki-moon

UN chief Ban Ki-moon began a mission yesterday for Myanmar's cyclone victims, saying "our focus now is on saving lives," as the military government gave approval for the first foreign helicopters to distribute aid.

The UN Secretary-General said relief workers had so far been able to reach only a quarter of those in need among an estimated 2.4 million people made destitute by the May 2 storm and sea surge that left nearly 134,000 dead or missing.

"We must do our utmost for the people of Myanmar," Ban



astrologer apologizes

» Astrologer Myint Lwin is upset because he failed to see Cyclone Nargis coming. "Many people died, so I'm very sorry," Myint Lwin said. "I'll try hard to research for 2009." Astrologists are highly regarded in Burmese culture.

said when he arrived in the Thai capital of Bangkok before travelling to Myanmar today. "Aid in Myanmar should not be politicized. Our focus now is on saving lives."

The United Nations and the Association of Southeast Asian Nations (ASEAN) are to convene a donors' pledging conference in Yangon on Sunday.

The government wants more than \$11 billion in aid, but international donors need access to verify the needs, ASEAN Secretary-General Surin Pitsuwan told Reuters

in an interview.

"Accessibility is important to guarantee confidence and verify the damage and needs, otherwise confidence during pledging will be affected," Surin said on a visit to Yangon.

Ban said he would meet the junta's Senior General Than Shwe tomorrow.

Than Shwe, who took two weeks after the disaster to meet victims and see the destruction for himself, had declined to take Ban's phone calls earlier in the relief effort.

REUTERS

Deal struck to end Lebanese conflict

Rival Lebanese leaders signed a deal yesterday to end 18 months of political conflict that had threatened to push the country to a new civil war.

The agreement, reached after six days of Arab-mediated talks, also paved the way for the election of a new president.

Parliament will convene on Sunday to elect army chief General Michel Suleiman as head of state, aides to Parliament Speaker Nabih Berri told Reuters in Qatar, where the feuding sides signed the accord.

The agreement between the U.S.-backed ruling coalition and the Hezbollah-led



Lebanese people release white balloons yesterday in Martyr's Square in Central Beirut to celebrate the agreement.

opposition resolved a dispute over a law for holding 2009 parliamentary elections and

met the opposition's long-standing demand for veto power in cabinet. **REUTERS**

Obama takes aim at McCain

Barack Obama sounded like the probable Democratic presidential nominee on a visit to the November election battleground of Florida yesterday, praising rival Hillary Clinton and focusing his criticism on Republican foe John McCain.

Obama used the visit to praise Clinton, saying she "has run an outstanding campaign and she deserves our admiration and our respect," he said.

The Illinois senator also took several shots at McCain, criticizing the influence of lobbyists in his campaign and calling him a new version of President Bush.

Ten years ago, he said, McCain introduced a bill to ban candidates from paying registered lobbyists.

"John McCain then would be pretty disappointed with John McCain now, because he hired some of the biggest

lobbyists in Washington to run his campaign," Obama said.

An MSNBC count gives him 1,961 total delegates to Clinton's 1,783, leaving him 65 short of the 2,026 needed to win the nomination at the Democratic Party's August convention.

A Reuters/Zogby poll showed Obama opening an 8-point national lead on McCain as the two geared up for their likely battle for the White House. **REUTERS**

Portugal Sand park



A sculptor works at a sand park exhibition yesterday in Pera, Portugal. More than 60 sculptors created a park with sand sculptures of Hollywood films and characters.

»news In Brief

» **SUPERNOVA** Excited astronomers said yesterday they had, for the first time, caught a supernova on camera just as it was exploding, and they may now learn how to spot others. By luck, they spotted a burst of X-rays while looking at another part of a

distant galaxy, and managed to turn a variety of telescopes in the right direction just in time.

» **SWEDEN** Swedish police detained two men on suspicion of planning to sabotage a nuclear power

station yesterday after one of them was discovered entering it with small amounts of a highly explosive material. Police said both were contract workers and one of them was previously known to police.

REUTERS

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Israel talks peace

Turkey moderates Syrian negotiation

Israel and Syria said yesterday they had begun indirect peace talks mediated by Turkey, the first confirmation of negotiations between the long-time enemies in eight years.

In co-ordinated statements, Israel and Syria said they had begun an open dialogue with the aim of a comprehensive peace. Turkey said delegations of both countries, at war since Israel's creation 60 years ago, were already in Istanbul.

The United States said it did "not object," but repeated its criticism of Syria's "support of terrorism" — a reminder for many analysts that U.S. hostility to Damascus, and to its Iranian and Lebanese Hezbollah allies, makes a Syria-Israel deal unlikely before President George W. Bush steps down in January.

Israeli Prime Minister Ehud Olmert said the process would be long, complex and could

end in "difficult concessions" for Israel — an apparent reference to his willingness to hand back the Golan Heights.

"It's always better to talk than shoot," Olmert said, without spelling out what concessions he was thinking of.

Just eight months ago, Israeli jets bombed what U.S. officials have called a North Korean-designed nuclear facility in Syria.

« It's always better to talk than shoot. »

Israeli Prime Minister
Ehud Olmert

REUTERS

» news

In Brief

» **CUBA** U.S. President George W. Bush said yesterday that Americans will be allowed to send cellphones to their families in Cuba, in a test of the communist country's reforms brought in by Cuban President Raul Castro.

» **KENYA** A mob has burned to death at least 11 people accused of witchcraft in west Kenya, police said yesterday. There is widespread suspicion of sorcery in west Kenya.

REUTERS

Bootleg liquor kills 150

At least 150 people have died in southern India after drinking bootleg liquor laced with chemicals, and another 88 are seriously ill, police said yesterday.

Police said mostly labourers in the southern states of Karnataka and Tamil Nadu bought the liquor, sold in plastic pouches from illegal shops.

In rural India, poor villagers often buy cheap alco-

hol, also known as country liquor, as they cannot afford to buy bottles from state-approved shops.

Authorities yesterday said seven dealers in Karnataka were arrested and nine officials were suspended.

"Investigations are on to trace the source of the liquor," R. Srikumar, the director general of police in Karnataka said.

REUTERS



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Alaska to challenge polar bear ruling

State plans to sue after animals put on threatened list

The state of Alaska will sue the U.S. government to stop the listing of the polar bear as a threatened species, arguing the designation will slow development in the state, Gov. Sarah Palin said yesterday.

Palin said the state will file a lawsuit in U.S. District Court in Washington challenging U.S. Interior Secretary Dirk Kempthorne's decision to grant Endangered Species Act protections to the polar bear.

The Republican governor has argued that the ice-dependent polar bear, the first mammal granted Endangered Species Act listing because of global warming, does not need additional protections.

"We believe that the listing was unwarranted and that it's unprecedented to list a currently-healthy population based on uncertain climate models," said Alaska Assistant Attorney General Steven Daugherty.

Even though Kempthorne enacted a rule aimed at precluding any new restrictions on oil and gas operations as a result of the

listing, the Palin administration believes a wide variety of other development activities in Alaska would be hampered if the listing goes through, Daugherty said.

Any development or activity requiring federal permits or using federal funds would have to engage in a "consultation" process to ensure that polar bears are not harmed, he said.

That consultation, mandated by the Endangered Species Act, "is a long and time-consuming process," he said.

"It's just, basically, a big time-and-money-waster."

REUTERS

Art? Trying to find the inner balance



German artist Arnd Drossel walks in his "Inner Balance" device on Lake Lemán in Geneva yesterday. Drossel will make a performance tomorrow as part of a side event of a meeting of local associations dealing with psychic health.

DENIS BALBOISE/REUTERS



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Bombardier Inc., the world's biggest train maker, has teamed up with a Russian partner to develop a high-tech locomotive that could replace the aging stock on Russia's 83,500 km of track. REUTERS

Air Canada sees fuel costs hurting air travel

High fuel prices that are consuming a growing proportion of income at Air Canada will likely hurt demand for air travel, the airline's chief executive said yesterday.

Montie Brewer, Air Canada's president and CEO, said the country's biggest airline is pushing ahead with plans to use newer, more fuel-efficient aircraft. Air Canada also plans to

higher and higher

» In the first quarter, Air Canada's fuel expenses rose 22 per cent to \$715 million from \$585 million a year earlier. Fuel costs are now roughly twice what is spent on wages and salaries.

starting charging customers a fee for a second checked bag on certain North American flights. REUTERS

»news In Brief

» **ENERGY** Talisman Energy Inc. shares slipped 48 cents, a day after the company announced a major revamp of its global oil and gas exploration business and a \$2 billion asset sale. REUTERS



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Starbucks to buy out 2 licensees for 40 stores

Inflation up 1.7%

Gas, bakery goods up 11.6% and 10.4% over year

Sticker shock at the pumps, and to some extent the bakery aisles, caused consumer prices to accelerate for the first time in five months in April, and experts are already predicting it could get worse.

Economists warn that the inflation report from Statistics Canada yesterday is an early sign that consumers are starting to be hit by soaring

Reaction from feds

» Prime Minister Harper said the inflation spike was limited to some products and to Western Canada, the heart of Canada's booming energy sector. "... inflation is still by historical standards very, very low in this country," he said. REUTERS

energy costs and rising pressure on food prices despite the cushioning effect of a higher dollar. The report also cast doubt on the scope of further interest-rate cuts by the Bank of Canada.

The consumer price index increased 1.7 per cent between April 2007 and April

2008, surpassing the 1.4 per cent consensus forecast.

Gasoline was fingered as the main culprit. StatsCan said gas prices rose 11.6 per cent year over year. Prices for bakery products jumped 10.4 per cent, marking the "steepest rise" since late 1981.

TORSTAR NEWS SERVICE



Metro Edmonton
10123 - 99 Street NW
Edmonton, AB T5J 3H1
metroedmonton@metronews.ca
780-702-0592

• **Publisher** Steve ShROUT
steve.shROUT@metronews.ca
• **Editor-In-Chief** Dianne Rinehart

• **Managing Editor** Rob McLaughlin
rob.mclaughlin@metronews.ca
• **Interactive Director**
Jodi Brown
• **Marketing Manager**
Blaine Schlechter
• **Distribution Manager**
Jim Hillman
edmonton_distribution@metronews.ca
• **Group Publisher, Metro English**
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HOMERenos

Thursday, May 22, 2008



Sylvia Putz stands on her terrace; there is still lots of work to be done, but she hopes to be barbecuing by mid-summer.

Renovation revelations

Advance planning can build upon perfect home addition

By SYLVIA PUTZ
for Metro Edmonton

Our family is in the enviable position of being on the almost-finished side of a large addition and interior renovation. And overall, the reno was an incredible adventure for the family — one that we had dreamed about for years. We ended up with a gorgeous house that fits us like a glove. What could be better?

Well, getting there was not always as smooth as we wished. The process was actually fun most of the time, but in the final analysis,

we realized that some of our mistakes ended up costing us a lot of extra cash.

In a nutshell, most of our mistakes were largely the result of not planning enough. For those of you contemplating doing a reno, here is our advice, straight from the school of hard knocks.

» Make changes during the planning stage, not the construction stage. Paul Catania of Verly Construction, the head of the company that managed our renovation, puts it plainly: "If it's well planned, and you work through the model at an early stage, you're set. Four months

of doing that would have saved six months of work later on."

» Our architect Tony D'Andrea of Torplan Consultants Inc. agrees. "One of the biggest problems is that people don't give themselves

enough time — give yourself at least six months for planning, and six to eight months for construction." He emphasizes that the planning must be thorough — including reviewing every aspect of the plan, city permit requirements, parking issues and a myriad of other details.

» In our case, one of the things that we did wrong was to have hired an

interior designer after drywall walls and ceilings were already in place.

"It's a lot easier when you make changes before the drywall goes up," notes our on-site contractor Joe Rego, owner of Rego Contracting.

» Make decisions about precisely which fixtures and furniture you will buy as early as you can because the exact measurements of these items will dictate where switches, outlets and plumbing will be placed. Lina Pelaez, our construction co-ordinator from Verly Construction, notes wryly that these types of decisions should be made before she calls in the trades.

» Be realistic. If you are combining old and new parts of a house during a renovation, budget for uniformity. Don't leave the old part as is, along-

side a completely new renovation.

» Our assumptions that we would stay in the house for the duration of the renovation became ridiculous once renovation started in the old part. Joe sums it up succinctly: "With a large reno, move out. That way the contractor has to opportunity to work everywhere, inside and out."

» He also advises that the construction site be emptied for a large project. Ours wasn't. "Freedom of movement makes a big difference in construction — it takes triple the time to move stuff up and down the stairs, and back again, and things are missed" when furniture is piled up along a wall. (Sorry about that, Joe.) » Learn from your mistakes — you never know when you'll get the reno bug again.

« If it's well planned, and you work through the model at an early stage, you're set. Four months of doing that would have saved six months of work later on. »

Paul Catania, Verly Construction

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METRO NEWS SERVICES

Reno mania consumes DIY-ers

Big box stores offer workshops

By RICK MCGINNIS
for Metro Edmonton

The giddy rise of house prices has made bricks and mortar real estate the surest investment most of us will make in our lifetimes, with the result that maintaining and upgrading our investment has become an international obsession. It's a phenomenon that's made hunky contractor Mike Holmes a star, and has filled primetime with countless reality DIY shows from Britain, the U.S. and Canada, all of which have turned homeownership into a continuing domestic drama more compelling than the cooking of meals or the raising of kids — the activities that once seemed to occupy centre stage in our homes.

What we've learned from

these shows is that the resale value of our home can be increased with an updating of our bathroom fixtures or an upscale backsplash behind the kitchen counter, while building a nagging anxiety that hidden behind the plaster and drywall lurks a fiscal liability that could devalue our investment, a fear that becomes livid with the odour of mould in the basement, or with the dreaded words "knob and tube wiring."

While watching the heroic endeavours of Holmes, the high-camp makeover extravagance of Colin and Justin or the bleak comedy of Disaster DIY on HGTV, the knowing homeowner can't help but keep a running tally of what they're seeing, marvelling that every new circuit breaker panel or expanse of glass bathroom tiling would cost at least a week's wages. To that end, we're encouraged to try and save money



PAL BRADLEY/OJO IMAGES

We're encouraged to try and save money by renovating our homes ourselves, our writer says.

and do it ourselves, with the proviso that, if we screw it up, we'd might as well have blown that money at the racetrack and hope that the avocado green bathroom will go from tacky to retro by the time we decide to sell up and move.

The biggest beneficiaries of the home reno mania have been big box stores such as Home Depot, Lowe's and Rona, and that boutique clubhouse for the house-proud obsessive, Lee Valley. They've made fortunes accessorizing our nesting, and have turned the hardware store from a storefront that

smelled of paint and motor oil into vast warehouses, up to 120,000 square feet of dry-wall tape, flexible conduit and faucet sets that can strike the novice dumb with confusion.

They've also seen the need to teach us how to do all this stuff, right down to the basics of handing our brand new gear. ("Saving Time & Money Using Cordless Power Tool Combo Kits" is the name of a one-hour course Home Depot offers.) The workshops, seminars and clinics the DIY behemoths offer range from bluntly prescriptive ("Fence Building," "Deck and Fence

Finishing" and "Laminate Floor Installation" are just three of the no-nonsense clinics Rona offers) to self-affirming (Home Depot's optimistic "You Can Install A Toilet" and "You Can Use A Mitre Saw to Build Frames") to the esoteric, and even academic (Lee Valley's seminars on "Design and Visualization" and "Women And Power Tools.")

Browsing the how-to offerings on the websites of the home reno stores, it becomes clear that, if only for liability's sake, none of them want to encourage us to aspire beyond a certain level of home

reno competency. You might become a dab hand at drywalling or shingling one day, or aspire to replacing the plumbing fixtures in your kitchen and bathroom, but there are some jobs best left to professionals such as plumbers and electricians, and the judgment of city inspectors. The pride and savings you might cherish at the end of a DIY endeavour is likely to wither away in the rosy glow of an electrical fire as it consumes the new addition you built to showcase your Star Wars memorabilia and add five grand to the resale value of your bungalow.



Cutting corners can be dangerous

Some reno work best left to pros

You might think that doing that home renovation project yourself is the way to go: You'll certainly save cash, and after all, it doesn't look that hard, does it?

But there are dangers to cutting corners, says Warren Kuchta, national installation merchant at Home Depot. Your job may be harder than it looks, and if you don't have the time, knowledge or experience needed to properly

renovate, you could be costing yourself more money and time in the long run.

"You might think it's all really easy, but if you really want it to look right, you have to have done it a lot before," he says.

Among the most common projects people do themselves — and often poorly — Kuchta says, are floorings, kitchen renovations, plumbing and electricity, particularly dangerous work for those who don't have a firm grasp of what to do. He adds

«It's not only about whether it's easy to do, it's about whether you have the time to do it.»

Warren Kuchta
of Home Depot

there's also a legal issue: Unless you're in the business, you probably won't know how to draft and submit plans in order to obtain building permits.

Beyond the logistics of DIY, hiring someone in the know frees you up to enjoy your

summer, Kuchta says, and not spend it working on a project you won't enjoy in the peak season.

"It's not only about whether or not it's easy to do, it's about whether or not you have the time to do it. What is your time worth? Is it worth hiring somebody who you know is going to do it right no matter what and you're going to be satisfied so you can enjoy it sooner, or are you really going to struggle with it for the next few months?"

METRO NEWS SERVICES

building permits

If you're adding or altering your home in a major way, chances are you're going to need a building permit — a legal document that grants you permission to begin your project. To obtain one, you'll have to make sure your work complies with local community safety standards and building codes. If you go ahead without one, you could be denied insurance coverage, face higher permit or repair fees, or even be ordered to undo your work.

Now that you're nice and discouraged — here are some home renos you

can do that don't require a permit, according to Homebase.ca:

- » Replacement of stucco, siding or shingles with the same material used before
- » Replacing doors, so long as the opening isn't altered
- » Replacing an open landing and/or stairs
- » Building fences
- » Painting, patching, decorating
- » Installing a cabinet or a shelf

Check with your local permits office for details on what you can and cannot do.

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Décor marries reno and existing space

Don't forget to spruce up 'old' sections of house

You can try to fool yourself about this one, but you won't fool anybody else.

We've seen the unfortunate end result of spending money on a lovely addition while leaving the old, cruddy part of the house as it always was.

Don't do it! We know that the marriage of old lived-in space and shiny new renovation doesn't work.

Be realistic in the planning stage of your renovation — you'll need to budget for bringing the whole house up to a reasonable level of "newness." Many people who renovate are trying to save money, and actively avoid thinking about updating



ARRESTING DESIGN
JEFFREY FISHER & TAMMY SCHNURR
busted@arrestingdesign.com

the "old" part. (It's called sticking your head in the sand.)

But believe us, you'll end up shelling out cash to fix it up sooner or later, and it

will probably be sooner, because you can't stand to look at that glaring discrepancy any longer. It will bug you every single day you live in that house — it would certainly drive us loco.

Luckily, there are some decor basics in minimizing

that divide, and in making the house with a new addition look more unified. And the cost factor may be much lower than you think.

The first thing is to choose paint colour for the whole house — it must work together.

Depending on the size of your reno, you can decide on the same colour for both the new section and the older one, or you can choose a complementary colour that looks good with all the other tones in the house.

Don't just paint the new section your favourite colour, and expect it to look good with the existing house. It won't.

Trim is also important — baseboards, trim around windows and trim in any other place should be consistent. If you have wood trim in the old part, you will find that matching that trim is sometimes difficult, and wood nowadays is expensive. If you are

doing a large reno, you may find that it is actually cheaper to rip out the old trimwork (ouch!), and replace it with the same painted MDF trim throughout the house.

Another consideration is flooring. If your reno combines old and new space in the same room, you will need to put in new flooring for the whole space.

If the addition is a separate room separated from the old space, you can get away with a change of flooring (such as tile up against wood), as long as it is complementary, both in colour and in mood.

Remember that a well-used wood floor will look strange up against a high-gloss marble tile, for example. Keep the feel of the whole house similar.

Metal fixtures, whether they be kitchen faucets,



Post-reno, you'll want to ensure décor in the existing portion of your house doesn't clash with the new space. Paint colours, for example, must work for the whole house; paint chips by Farrow & Ball.

bathroom faucets or door handles, should be similar in look.

Keep the metal the same if possible. That is, use chrome throughout, or antique gold, but don't use one metal and style in the new section and leave another metal and style in the old section.

Last but not least, do not decorate the new section in a style that is vastly different to that in the older

part of the house.

Strive to bring the old and new together in terms of style, mood and colour.

After all, if the discrepancy between old and new is the most visible thing about your house, your beautiful new space won't shine the way it should.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network. Tammy is an interior decorator. Jeffrey designs home furnishings and bedding through his company Jeffrey Fisher Home.



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sports



Veteran forward Jeremy Roenick, left, agreed to terms on a one-year contract with the San Jose Sharks yesterday. Roenick had 14 goals and 33 points in 69 games for the Sharks last season. METRO NEWS SERVICES

Laraque relishing shot at Cup

Ex-Oiler hoping to hoist Stanley in 2nd final trip

By **ROBIN BROWNLEE**
for Metro Edmonton

Two out of three isn't bad.

Given his circumstances, former Edmonton Oiler Georges Laraque will tell you playing for a Stanley Cup for the second time in three years, this time with the Pittsburgh Penguins, is better than OK.

Having reluctantly departed Edmonton, where he still makes his home, not long after the Oilers came up short against Carolina in the 2006 Cup final, Laraque's second chance begins Saturday against the Detroit Red Wings.

Two seasons after being deemed expendable by the Oilers, Laraque is

looking to keep a date with the engraver while riding shotgun for Sidney Crosby and Evgeni Malkin.

"It's awesome to have another chance because you never know how many you're going to get," said Laraque. "I hope this is going to be the one. It can happen, but it'll be a tough task."

Laraque, 31, prefers to look ahead at his opportunity to sip champagne rather than glance back at his last hurrah here, but the fact is there was doubt which way his career would go 24 months ago.

Facing a pay cut going into his ninth season, Laraque sought a no-trade clause from GM Kevin Lowe. When he didn't get it, the 255-pound enforcer signed with Phoenix.

After 56 games with the Coyotes, Laraque asked to be moved at the 2007 trade deadline. Phoenix had

deals with Calgary and Pittsburgh on the table. The destination was Laraque's decision.

"When I decided to go the answer is no," said Laraque, asked if he thought he'd be playing for a Cup so quickly with the Penguins. "When I started playing there, the answer is yes."

"I knew that within a couple years we would be a Cup contender. I'm playing with the best player in the world in Sid, although some people say the best is Malkin. We have both, so I'm not surprised."

While Craig MacTavish didn't see value in keeping Laraque — he was scratched for the final three games of the 2006 final — Pittsburgh coach Michel Therrien has no such issues.

Therrien and Laraque hoisted the 1996 Memorial Cup with Granby, so they've got history. Laraque's played

just over six minutes a night through 14 playoff games.

"It's huge," said fellow Oiler discard Petr Sykora, asked about the impact of having Laraque in the line-up. "I always had a lot of respect for players like that."

"For me, as a skilled player, I feel totally protected out there ... we have Sid and Gino (Malkin) and a lot of skilled guys. Without Georges, the team wouldn't be the same."

It'll be sweet, indeed, if Laraque gets the chance to bring the Cup to Edmonton this summer. Of course, it'll take four wins against the favoured Red Wings to punch that ticket.

"You just want to be a contributor," Laraque said. "If you don't play and you lose, it's even more frustrating. I've had the chance to contribute. I want to win."



Laraque

Olympics

Ski jumpers sue for 2010 Games spot

LAW A coalition of international women ski jumpers filed suit in Canada yesterday challenging their exclusion from the 2010 Winter Olympics in Vancouver.

The lawsuit against the Vancouver Organizing Committee argues that the women from Europe and North America have been discriminated against because the Games allow only men's ski jumping.

hockey

Bulls charge to overtime victory

PLAYOFFS Keaton Turkiewicz scored 8:55 into overtime to give the Belleville Bulls a 4-3 victory over the host Kitchener Rangers last night at the Memorial Cup.

The two teams will face off again tomorrow night in the semifinal game, with the winner facing the Spokane Chiefs in Sunday's final.

MLB

Pedro leaves Mets to be with ill father

FAMILY New York Mets pitcher Pedro Martinez has left the team to be with his ailing father in the Dominican Republic.

Martinez has been working to recover from a strained left hamstring and there were indications that he could be ready to rejoin the Mets by early June, but his family issues could delay his return.

tennis

Venus to play in 1st Rogers Cup

DEBUT World No. 8 Venus Williams confirmed her participation yesterday in this summer's Rogers Cup in Montreal.

The 28-year-old has never played in the event, which alternates between Toronto and Montreal.

The year's tournament held from July 26 to Aug. 3.

REUTERS

METRO NEWS SERVICES

Lakers mount huge 20-point comeback

Bryant knocks down 27 in win

LAKERS 89 SPURS 85

The Los Angeles Lakers mounted a dramatic second-half comeback in a 89-85 victory over the defending champion San Antonio Spurs in the first game of the Western Conference finals last night.

Trailing by as many as 20 points in the third quarter,

the Lakers rode the hot hand of Kobe Bryant and Pau Gasol to prevent San Antonio spoiling their perfect home record in the playoffs.

Bryant, the NBA's Most Valuable Player, scored only two points in the first two quarters before taking over in the second half, finishing with 27 points. Gasol added 19 points. Duncan led the Spurs with 30 points, 18 rebounds and four blocked shots. Game Two is in Los Angeles on Friday. **REUTERS**



Rio Ferdinand and Ryan Giggs, second from right, of Manchester United lift the trophy following their team's 6-5 victory over Premiership rivals Chelsea in the penalty shootout during the UEFA Champions League final yesterday in Moscow. It is the team's third European Cup title.

Man U delivers double

Premier League winners claim Champions title

MANCHESTER UNITED 1 CHELSEA 1 (6-5)

Manchester United were crowned kings of Europe for the third time yesterday when they beat Chelsea 6-5 on penalties after a breathless all-English Champions League final had finished 1-1 after extra time.

United's 37-year-old goalkeeper Edwin van der Sar, appearing in his third final 13 years after his first with Ajax Amsterdam, saved the decisive spot kick from substitute Nicolas Anelka.

The victory completed a famous double for the Old Trafford team who edged Chelsea for the Premier League title 10 days ago.

"We've had fate on our side all season and I felt that fate played its hand with John Terry slipping," United

head coach Alex Ferguson said of the Chelsea captain's key penalty miss.

It was a heartbreaking night for Terry, who had the chance to take the trophy to Stamford Bridge for the first time but sent what would have been the winning penalty against the outside of the post.

Cristiano Ronaldo scored the first-half opener for Man United, while Frank Lampard had the equalizer.

MICHAEL STEELEY/GETTY IMAGES

SCOREBOARD

NHL

STANLEY CUP FINAL

PITTSBURGH VS. DETROIT

Game 1 — Saturday
Pittsburgh at Detroit, 6
Game 2 — Monday
Pittsburgh at Detroit, 6
Game 3 — Wednesday, May 28
Detroit at Pittsburgh, 6
Game 4 — Saturday, May 31
Detroit at Pittsburgh, 6
*Game 5 — Monday, June 2
Pittsburgh at Detroit, 6
*Game 6 — Wednesday, June 4
Detroit at Pittsburgh, 6
*Game 7 — Saturday, June 7
Pittsburgh at Detroit, 6
(* — if necessary)

NBA

CONFERENCE FINALS

WESTERN CONFERENCE

L.A. LAKERS VS. SAN ANTONIO
Game 1 — Last night
L.A. Lakers 89 San Antonio 85
Game 2 — Tomorrow
San Antonio at L.A. Lakers, 7
Game 3 — Sunday
L.A. Lakers at San Antonio, 7:30
Game 4 — Tuesday
L.A. Lakers at San Antonio, 7
*Game 5 — Thursday, May 29
San Antonio at L.A. Lakers, 7
*Game 6 — Saturday, May 31
L.A. Lakers at San Antonio, 7:30
*Game 7 — Monday, June 2

ST. LOUIS AT SAN DIEGO

CINCINNATI AT L.A. DODGERS

TODAY'S GAMES

EASTERN CONFERENCE
Game 2 — Tonight
Detroit at Boston, 6:30
Game 3 — Saturday
Boston at Detroit, 6:30
Game 4 — Monday
Boston at Detroit, 6:30
*Game 5 — Wednesday, May 28
Detroit at Boston, 6:30
*Game 6 — Friday, May 30
Boston at Detroit, 6:30
*Game 7 — Sunday, June 1
Detroit at Boston, 6:30
(Boston leads series 1-0)
(* — if necessary)

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Oakland 9 Tampa Bay 1
Detroit 9 Seattle 4
Boston 6 Kansas City 3
N.Y. Yankees 8 Baltimore 0
L.A. Angels 4 Toronto 3
Texas 10 Minnesota 1
Chicago W. Sox 7 Cleveland 2
NATIONAL LEAGUE
San Francisco 3 Colorado 2 (10 ins)
Milwaukee 4 Pittsburgh 1
Atlanta 11 N.Y. Mets 4
Florida 3 Arizona 1
Philadelphia 12 Washington 2
Houston 5 Chicago Cubs 3

ST. LOUIS AT SAN DIEGO

CINCINNATI AT L.A. DODGERS

TODAY'S GAMES

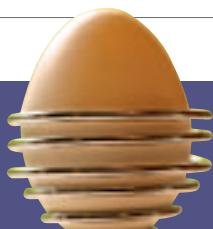
AMERICAN LEAGUE
Seattle at Detroit, 11:05
Texas at Minnesota, 11:10
Kansas City at Boston, 11:35
Baltimore at N.Y. Yankees, 5:05
L.A. Angels at Toronto, 5:07
Cleveland at Chicago W. Sox, 6:11
NATIONAL LEAGUE
Milwaukee at Pittsburgh, 5:05
N.Y. Mets at Atlanta, 5:10
Philadelphia at Houston, 6:05
Cincinnati at San Diego, 8:05
(* — if necessary)

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER:

ROUND-ROBIN
Last night
Belleville 4 Kitchener 3 (OT)
SEMIFINAL
Tomorrow
Kitchener vs. Belleville, 5
FINAL
Sunday
Spokane vs. semifinal winner, 5
LOTTERIES
Lotto 6/49 3, 4, 7, 19, 28 & 32, Bonus 6
Results not official

food



A diet rich in the omega-3 fatty acid DHA (found in omega-3 enriched eggs, seafood and fish) has been found to significantly reduce the risk of dementia and Alzheimer's disease. CBC NEWS ONLINE

Tortilla Española (Spanish potato omelette)



A timeless classic, the Spanish potato omelette can be cut into wedges for brunch or small squares for an appetizer and served with spicy salsa.

This recipe is adapted from the Culinary Institute of America's Spain and the World Table.

INGREDIENTS:

8 Yukon Gold potatoes, peeled and sliced 1/8-inch thick (about 2 lbs/900 g)
1-3/4 tsp salt, divided
1/2 cup + 2 tbsp olive oil, divided
1 cup chopped yellow onions
1/3 cup chopped red bell peppers
1/3 cup chopped green bell peppers
1-1/2 cups prosciutto, diced (125 g package)
10 large eggs

METHOD:

Toss potatoes with 1 teaspoon salt in large bowl. Heat 1/2 cup olive oil in large, non-stick frying pan over medium heat. Add po-

tatoes.

Cook, stirring occasionally, until potatoes soften but don't brown, about 5 minutes. Add onions, peppers and prosciutto. Cook 10 minutes until potatoes are tender and ingredients well blended. Transfer to colander placed over bowl and drain off liquid. Clean pan.

In large bowl, beat eggs. Stir in potato mixture and add 3/4 teaspoon salt. Return pan to medium heat. Add 2 tablespoons olive oil; pour in egg mixture when oil is very hot. Tilt pan so eggs evenly cover bottom. Reduce heat to low. Cook, shaking pan once or twice, until omelette has set, about 10 minutes. Cover pan with large plate. Invert so omelette is cooked side up on plate. Slide back into pan and cook other side until lightly browned, about 5 minutes. Cool to room temperature before slicing.

COURTESY OF TORSTAR NEWS SERVICE



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Maple Roasted Stone Fruit and Vanilla Ice Cream



Fresh Canadian produce from local farmers and growers just can't be topped. Strawberries in late July; stone fruits like plums and peaches in late August. As for ice cream, here's a freshness tip: Don't store ice cream on the freezer door. Because of all the opening and closing, the temperature fluctuates much more, meaning the ice cream is prone to melt and re-freeze.

INGREDIENTS:

- 2 each peaches, plums and nectarines
- 3 tbsp (45 mL) pure maple syrup
- 1/2 tsp (2 mL) ground cardamom
- 2 tbsp (25 mL) melted butter
- 2 rosemary sprigs
- 1 tbsp (15 mL) freshly squeezed orange juice

juice

2 cups (500 mL) Nestlé Real Dairy French Vanilla Ice Cream (50% Less Fat French Vanilla can be substituted)

METHOD:

Preheat oven to 400°F (200°C).

Cut fruit into quarters and remove pits. Place fruit in bowl and drizzle with maple syrup and butter. Sprinkle with cardamom and rosemary, tossing gently until fruit is coated.

Arrange fruit in a single layer on a parchment-lined baking sheet; pour extra syrup mixture over fruit. Bake in centre of oven, turning gently, until fruit is fork tender and golden (about 10-15 minutes).

Spoon fruit mixture over ice cream. Makes 4-6 servings.

COURTESY OF NEWS CANADA



HP Sauce is a very popular dip for steak, but many also rave about what it does as a baste on grilled veggies and fish.

Adventures in barbecuing

A Leger Marketing poll reveals that more than two-thirds (70 per cent) of Canadians describe themselves as having an "adventurous" barbecue personality — and yet this confidence is expressed so differently from region to region.

Of course, being adventurous is not only what we cook, but how we cook it.

Seasoning, in particular, can be improvised creatively. A few dashes of your favourite condiments can make your meal mouth watering. Here are some popular "secrets" from grillers

across Canada:

» Lea & Perrins Worcestershire Sauce is often used as a secret ingredient in ground beef recipes like the burger, for example. Just add a few dashes of Lea & Perrins to your ground meat for flavour, form patties, grill, glaze and you are done.

» Diana Sauce stirred into mayonnaise makes a zesty condiment for those burgers or try it on grilled sandwiches.

» A few dashes of Lea & Perrins on fresh summer seafood is another great way to add quick, delicious

flavour.

» Try this basting and dipping sauce for seafood on both the East and West coasts or anywhere in between: Blend a teaspoon of Heinz Ketchup with a teaspoon of horseradish plus a generous splash of Worcestershire sauce to taste.

» HP Sauce is a very popular dip for steak, and many Canadians also rave about what it does as a baste on grilled veggies and fish.

» HP Sauce mixed with orange marmalade makes a tasty glaze for grilled chicken and pork.

NEWS CANADA



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metro TOP 5IVE

Foods to impress your girlfriend:

1. Cheesecake, below, garnished with a chick flick
2. A crisp white wine with raspberries in her glass
3. Surprise her by cooking breakfast, or any meal, while she's comfortably nestled in bed.
4. Pan-seared salmon marinated in white wine and herb sauce (available at the deli in your grocery store)
5. Berry pie (fresh berries and a little blueberry pie filler in a graham cracker shell, topped with real whipped cream).

— Douglas Dunlop/for Metro
Edmonton



The tale of the growing cake

MacMaster learns never to fiddle with recipes

Natalie MacMaster is a world famous fiddler and step dancer. As part of a national tour, Natalie will perform at Casino Rama on May 23 and 24. She will then take the stage at Ottawa's National Arts Centre on June 5 and Edmonton's Hawrelak Park Amphitheatre on Aug. 8.

Q What is your fondest memory from your family kitchen?

A When I think of my parents' kitchen I immediately think of great food and music. I always enjoyed playing the fiddle while sitting in the rocking chair in the kitchen.

Q What kitchen aromas bring back fond memories?

A The smell of my mom's homemade cinnamon rolls. I also love the smell of fresh baked

CELEB KITCHENS
MARCY CORNBUM
entertainment@metronews.ca

bread and deep fried chicken.

Q What is your favourite food to cook?

A I love to prepare pasta. I experiment with different sauces from recipes in cookbooks.

Q How did the first meal you prepared turn out?

A I never truly discovered the joy of cooking until I got married. One of the most memorable meals was the first time I had my in-laws over for dinner. I decided to bake a cake and inadvertently put three cups of baking powder in the mixing bowl instead of three cups of flour. Needless to say, the results were interesting. I kept checking the oven and the cake just kept growing and growing. I



Natalie MacMaster.

took pictures of the finished product.



Reynolds

Jillian Barberie Reynolds is the FOX Network News meteorologist and an actress.

Q What is your fondest memory from your family kitchen?

A My Dad (Big Jim's) holiday cooking. Big bird, mashed potatoes — the whole nine yards!

Q Who is your favourite cook?

Natalie's Pasta Sauce

Ingredients:
2 cups heavy cream
1 cup of brandy
½ cup of rehydrated sun dried tomatoes
Salt and pepper to taste

Method:

Mix ingredients together. Boil until the sauce reduces by 50 per cent and turns a deep caramel colour.



A Giada De Laurentiis (host of Food Network's Everyday Italian) is second to my husband!

Q What is your favourite food to cook?

A I'm new to the cooking game. I watch the Food Network and copy their recipes.

Q Do you use cookbooks?

A Yes. The chefs that come on our show give out cookbooks as gifts. I really like Gordon Ramsay 3 Star Chef.

Q What kitchen gadget can you not live without?

A My husband when he cooks.

Q What traditions from your background involving food do you partake in?

A I'm a great eater, always have been. No traditions, I'm just a good eater.

Marcy Cornblum is a freelance journalist. After 25 years of celebrity-filled adventures, she is using her experiences to enlighten others in understanding the media. Reach her at mediasavvy@pathcom.com.

entertainment



Actress Gwyneth Paltrow, left, has revealed she is the new face of luxury brand Tod's.

PEOPLE.COM

Hedley up for 6 MMVAs

Canadian rockers Hedley have been nominated for six MuchMusic Video Awards, organizers announced yesterday.

Following closely are Belly and illScarlett with five nods each. The 2008 MuchMusic Video Awards are set to air live on the

cable station on June 15.

Other Canadian acts City And Colour, Feist, Sam Roberts and Simple Plan also received multiple nominations. International acts up for awards include Fall Out Boy, Flo Rida, Kanye West, Rihanna and Timbaland Presents OneRepublic.



Canadian rock act Hedley.

A complete list of MMVAs nominees is available at muchmusic.com.

METRO NEWS SERVICES



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9:25-9:55

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6:15-7:10-7:45-9:15-10:40

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4:30-5:15-6:7-7:45-8:30-9:15-10:45

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9:45

Indiana Jones is rated (PG)
Times are subject to change.



David Cook, left, and David Archuleta faced off on the finale of American Idol.

Cook serves up Idol victory

By SANDY CAETANO
for Metro Edmonton

David Cook, the rocker and former bartender from Blue Springs, Mo., was crowned this season's champion during last night's star-studded two-hour finale of American Idol.

It was a surprise the all-American boy next door, David Archuleta 17, wasn't the one to win since all the girls seemed to have gone crazy for him. But he lost to his fellow competitor by a difference of 12 million votes. It was the highest number of votes ever in American Idol history, after 97.5 million votes were cast for the final two, smashing the record by more than 23 million.

Last night's finale featured the return of the Top 12, including Cook and Archuleta, who opened the

show with a group number followed by another performance of Chad Kroeger's Hero by the final two.

Promoting the film The Love Guru, coming out June 20, and offering advice to Cook and Archuleta was Guru Pitka, also known as E m y Award-winning Canadian actor, comedian, screenwriter and film producer Mike Myers.

Among last night's celebrity performers were Seal, Donna Summer, who sang her new single Stamp Your Feet, Canadian singer/songwriter Bryan Adams, ZZ Top, Graham Nash, The Jonas Brothers and One Republic. George Michael even made an appearance coinciding with his

first tour in 17 years starting in San Diego June 17.

And to add a few laughs was Renaldo Lapuz, who tried out for the competition earlier on in the season, to perform the song he wrote for judge Simon Cowell called We Are Brothers Forever.

Jordin Sparks, last season's American Idol winner, and Carrie Underwood also made appearances.

"For the first time ever I don't really care who wins," said Cowell, commenting on how great both the final competitors are.

"I started this season ... as the word nerd, and I'm very much at a loss for words," said Cook after the results were read, before singing his new single Time Of My Life.

« I started this season ... as the word nerd, and I'm very much at a loss for words. »

David Cook

Floyd, Fleming win Polar Music Prize

British rock band Pink Floyd and American soprano Renee Fleming were awarded Sweden's annual Polar Music Prize yesterday, joining an eclectic group of winners including Paul McCartney, Elton John, Quincy Jones and Joni Mitchell.

The group and the opera singer will receive cash

prizes of 1 million Swedish crowns (\$169,500 US) each at a ceremony held in Stockholm on Aug. 26, a Polar Prize spokeswoman said.

The award, given each year by the Royal Swedish Academy of Music, is the country's biggest music prize.

It was founded in 1989 by

Stig Anderson, manager of Swedish pop group ABBA.

The prize committee lauded the 49-year-old soprano's beautiful voice and astounding clarity.

"Connoisseurs and the broader audience alike fall for her soft, natural singing technique," the committee said.

REUTERS

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Fame no longer so unattainable

On the heels of last night's finale of American Idol, is the beginning of the fourth season of Fox's So You Think You Can Dance, making its two-hour premiere tonight.

And that means viewers going back to their phones to vote for who they want to come out this season's winner.

So what exactly is it about these reality shows that have thousands upon thousands of people lining up to audition?

Whether it's American Idol or Canadian Idol, or So



ON TV
SANDY CAETANO
sandy.caetano@metronews.ca

You Think You Can Dance — it's all about getting five minutes of fame. Today's younger generation is so obsessed with Hollywood and its stars, they want to be a part of that any way

they can.

In a survey taken from Fame Junkies by author and reporter Jake Halpern (Houghton Mifflin, Jan 2007), he found that most teenagers would prefer to be a celebrity than be smart.

Of the 650 teenagers who took part in the survey, 43.4 per cent said they would rather be a personal assistant to a very famous singer or movie star than being a president of a university like Harvard or even a United States senator.

"In the future everyone will be world-famous for 15

minutes," said Andy Warhol in 1968, and he was right. Just take a look around you — just about anyone can achieve it.

Even the viewers voting for the winners of these reality shows aren't professionals, most probably have no expertise in singing or dancing fields.

The whole obsession with being famous is getting out of hand, so much so that people are blog-

ging, getting themselves on YouTube and creating their own My Space pages.

Take Perez Hilton. Who is this guy? He became famous because of his celebrity blog site that covers celebrity gossip. Now he's known as a famous blogger and personality.

We certainly can't forget about the hotel heiress herself, Paris Hilton, and her rise to fame. So her family

owns a chain of hotels — still, there's no reason for Hilton to be one of the most sought-out stars by the paparazzi.

That was until the release of her sex tape — that was what threw her into the eyes of the media. Hilton has dabbled in reality TV, acting, singing and modelling, and has her own clothing line and her own fragrance.

Catch So You Think You Can Dance on CTV or on Fox.

Sandy Caetano covers reality shows and has interviewed stars like Leanne Rimes, Lionel Richie, Paul Anka, Good Charlotte and more.



Jake Gyllenhaal, left, will star as the lead in *Prince of Persia: The Sands of Time*, Disney's feature adaptation of the popular video game.

REUTERS

Summer blockbuster joy

Indiana Jones and the Kingdom of the Crystal Skull

Stars Harrison Ford, Cate Blanchett

Director Steven Spielberg

14A

By CHRIS ATCHISON
for Metro Edmonton

REVIEW Film fans young and old will be hard-pressed to miss the smile creeping across their face when they hear John Williams' famed score and see that trademark fedora make its first big screen appearance in 19 years, in a much-anticipated re-introduction to the greatest adventure character of all time.

It's a welcomed reunion and from its opening scenes, it's clear that Indiana Jones And The Kingdom Of The Crystal Skull is equal parts homage to the

beloved series and progression of the archaeologist's perennially exciting story.

In this instalment, an evil corps of Russians is hunting down the mysterious and powerful crystal skull, an ancient Mayan relic said to pre-date the Egyptian pyramids.

Jones (Harrison Ford), accompanied by a misfit named Mutt Williams (an impressive performance by Transformers' Shia LaBeouf), sets out on a journey to find the skull and figure out the secrets behind its alleged powers before the Soviets net the treasure and possibly gain an upper hand in the raging Cold War.

Along the way Jones reunites with Marion Ravenwood (Raiders Of The Lost Ark's Karen Allen) and



Indiana Jones and the Kingdom of the Crystal Skull opens this weekend.

joins forces with a host of characters including his treasure-hunting partner Mac (Ray Winstone).

And that's about all that can be said about the plot of the new Indiana Jones flick without giving away key details — but it should be noted that this story line has more twists than Indy's whip, making for a

fun ride from start to finish. Director Steven Spielberg and writer-producer George Lucas have indeed brought Dr. Jones back in style.

The action sequences come fast and furious and Indy is still up to the task — at 65, Ford still makes a believable, appropriately weathered, swashbuckler — while screenwriter David Koepp (War Of The Worlds) adds ample references to the passing of time since we last saw our hero ride off into the sunset at the finale of Indiana Jones and The Last Crusade.

That's a key reason why this series has worked so well and still resonates with audiences. Indiana Jones is a vulnerable hero. He ages and shows it, he

makes mistakes and has his vulnerabilities — namely a fear of snakes, his love for Marion and a desire for altruism over greed.

While the dialogue plods at times and a few scenes are more than a little far-fetched (but then again, which of the Indiana Jones films don't have their fair share of outrageous story elements?).

The Kingdom Of The Crystal Skull is pure summertime blockbuster joy. Hopefully Indy has a few more artifacts to recover because his return is all the proof we need that, even after nearly two decades on hiatus and a few more grey hairs, he's still worth the price of admission.

justice

Boy band creator gets 25 years

SENTENCED Boy band mogul Lou Pearlman, who launched Backstreet Boys and 'N Sync, was sentenced to 25 years in prison yesterday for swindling investors and major U.S. banks out of more than \$300 million. But U.S. District Judge G. Kendall Sharp gave Pearlman the chance to cut his prison time by offering a one-month reprieve for every \$1 million in cash he helps a bankruptcy trustee recover for his victims.

REUTERS

cannes

Spike Lee rips Coens, Eastwood

DEATH, RACE Spike Lee took swipes at fellow directors Joel and Ethan Coen and Clint Eastwood in Cannes yesterday. The director said that unlike the Coens, he was respectful in the way he portrayed death in his films. Lee also said that black actors appear in war films too infrequently.

"Clint Eastwood made two films about Iwo Jima that ran for more than four hours total, and there was not one Negro actor on the screen," he said. "If you reporters had any balls you'd ask him why."

REUTERS

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Hannah Montana star Miley Cyrus, right, will release the first full-length album under her own name on July 22. Breakout comes on the heels of two albums tied to her title role as Hannah Montana.

REUTERS



controversy

Nas tones down album's name



Nas
RELEASE Rap-
per Nas has
ditched his
controversial
plan to call
his new
album N*gger.

"It's important to me that this album gets to the fans," Nas said in a statement, referring to likely problems promoting and distributing the album.

"The people will always know what the real title of this album is and what to call it."

The untitled project will be released July 1 via Def Jam.

Last year, Nas announced the original title in response to the stir caused by former CBS radio host Don Imus' comments toward the Rutgers women's basketball team. But he recently told MTV that he was being pressured to change the title.

His last album, 2006's *Hip-Hop Is Dead*, has sold 757,000 copies in the U.S., according to Nielsen SoundScan.

REUTERS

» news

In Brief

» **TV** Top reality producer Mark Burnett is venturing into TV animation. The *Survivor* Svengali has signed a deal with popular online animation website Liquid Generation to develop cartoon TV comedies — both original and based on existing content. Under the pact, Mark Burnett Prods. will produce Liquid Generation's first three TV projects, including originals *Witness Protection* and *Rapper in Chief*. Visitors at Liquid Generation, in business since 2000, can find out if they are more drunk than soul singer Amy Winehouse, or try to match breasts with their famous owners.

» **IDOL** American Idol contestant Josiah Leming has signed with Warner Bros. Records. His booting from Idol came as a surprise, as the show's producers had invested a serious amount of time detailing his back-story. Leming, 17, left home to pursue a musical career and lived in his car as he tried to support his out-of-work father and ill mother.

REUTERS

Fox comfortable at the top



IDIOT BOX
RICK MCGINNIS
rick.mcginis@metronews.ca

HERE WE GO AGAIN: Every year around this time, after the tumbrels have rolled and the blade has come down on the last of the year's failed shows, the numbers are crunched and the cumulative ratings winner of the TV season just ended is announced. For the last few years — or basically as long as I've been writing this column — the big news is usually that Fox has done well, really well,

and has either threatened to unseat NBC or CBS for their customary post at the top of the ratings ladder.

It's a funny ritual — if you find ratings tallies and the imprecise language of demography funny. (I do, which is why you don't want to invite me to parties.) CBS' presumed lead for the last few years has been harder to defend, as Fox has taken the lead in more and more key ratings demographics, and has been unofficially crowned winner-in-every-way-that-matters for at least the last two years.

It's been an irritating little ritual to watch, year after year, and it sometimes seemed like the squeamishness about the obvious truth was motivated by the continued perception of Fox

« *Fox's ascension to the throne (of network ratings) feels like being crowned king of some plague-ravaged, war-ravaged kingdom.* »

as the upstart, the scrawny fox set among the regal network chickens. After reading the round-ups, with their careful parsing of the ratings, I always wanted to hit the caps key on my keyboard and write something like **FOX IS THE NUMBER ONE NETWORK ALREADY CAN'T WE JUST GET USED TO IT?**

This year, there's no point even pretending anymore, as the Los Angeles Times business section ran a story yesterday that the Nielsen numbers have awarded Fox "the largest audience in

prime time" and that the network "should collect blue ribbons in every major demographic category." The big "but" to the story is that, given the dismal shambles that characterized the 2007-08 season, which began with a generally unimpressive slate of new shows before being derailed by the writers' strike, Fox's ascension to the throne feels like being crowned king of some plague-ravaged, war-ravaged kingdom.

This is the fourth year in a row that Fox has ruled the 18-49-year-old roost, helped enormously by American Idol, and despite a 10 per cent decline in the show's ratings. With fewer scripted shows, and a shortened prime time (the network switches to local news at 10

p.m., while its competition has another hour to fill with original programming), Fox was best positioned to survive the year's harrowing conditions, and saw a five per cent rise in overall ratings since last year.

Further down the rankings, ABC and CBS are in a photo finish for second place, while NBC, the top network when its comedies ruled the night just a few years ago, is firmly in fourth place. This is known in the business as the Curse Of Joey, and the network is rumoured to be considering ritual exorcism of all of its programming executives at some point over the summer.

Rick McGinnis writes about music, movies, books and television, but not opera.

critics' corner

So You Think You Can Dance "American Idol" is over for another season, but if you like star-making competitions, its dance counterpart is back for another season. Like "Idol," it starts out presenting the highlights and lowlights from auditions around the country, so if you enjoy watching the cluelessly untalented make fools of themselves on national television, now's the time to watch. Cat Deeley returns as host. 9 PM on CFRN KAYU



Ugly Betty

Henry, your timing needs work. In the season finale, Betty (America Ferrara) gets a romantic offer from Gio (Freddy Rodriguez) and a visit from Henry (Christopher Gorham), who has his own proposition for her. Wilhelmina (Vanessa Williams) tries to strike out supermodel Naomi Campbell (guest starring as herself) at a softball game between Mode and Elle. Real-life Elle editors Joe Zee and Robbie Myers also guest star in "Jump." 9 PM on CKEM KXLY

	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/22/08	2	CFRN	239 318	Grey's Anatomy	Freedom (N)			So You Think You Can Dance (Season Premiere) (N)				News (N)
	3	KHO	- 370	News (N)	Raymond	Jeopardy! (N)	Wheel-Fortune	Deal or No Deal (N)			Last Comic Standing (N)	
	4	CBXT	- 307	NHL Hockey: Conference Final		CBC News	22 Minutes	To Be Announced		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	Friends	Scrubs	Big Bang Th	How I Met	CSI: Crime Scene Invstgtn.		Without Trace
	7	CKEM	241 347	Friends	Friends	Reaper "Cancun" (N)		Ugly Betty "Jump" (N)		The Bachelorette (Season Premiere) (N)		News Hour
	8	CTV	240 339	ET Canada	Entertainment	Deal or No Deal (N)			Last Comic Standing (N)			News Hour
	12	CBXFT	119 705	Squelettes	Belle-bale (N)	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty "Jump" (N)		Grey's Anatomy "Freedom" (N)		
	16	KAYU	- 373	70s Show	The Simpsons	Two/Half Men	Two/Half Men	So You Think You Can Dance (Season Premiere) (N)				News (N)
	19	CHTV	- 70s	Show	El News	Cash Queens of Music		Scream Queens: Horror		Cash Queens of Music		News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer		Health Matters, TV for Life		New Tricks		Globe Trekker		Normandie
	24	WTVS	- 364	Ask This Old	Michigan	Phoenix Mars Mission		Red Green	Time Goes By	Tavis Smiley	Charlie Rose (N)	
	15	CBCN	502	- CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Planet Earth
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	44	CTVN	501 391	CTV Newsnet Evening		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Business News		Market Call	Strictly Legal	Squeeze Play
	20	TSN	400 400	NBA Basketball: Eastern Conf. Final		Game 2 - Teams TBA		SportsCentre		EURO Classic Soccer (N)		Poker Night
	23	net	408 418	CHL Hockey: Memorial Cup		Sportsnet Connected		84 Countdown		Sportsnet Connected		Best-Sports
	47	SPEED	417 405	NASCAR Race	Pinks Outtakes	Low Life	Low Life	Pinks	Pass Time	Monster Jam		Pinks - All Out
	94	SCORE	410 403	Score Update		Score Tonight		The Spin With Steve Kouleas		Score Update		Score Update
	9	EDACC	267 351	Law & Order: Criminal Intent		The Medallion ** (2003, Action)	Jackie Chan, Lee Evans	To Be Announced				Help TV
	14	YTV	552 543	Drake & Josh		Malcolm-Mid.	Prank Patrol	Fries That?	Mon. Warriors	Futurama	Shadow Raider	Falcon Beach
	17	TREE	553 546	Little Bear		Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer
	42	TOON	555 545	gleen		Johnny Test	George-Jungle	Road Runner	Scooby Doo	Futurama	Robot Chicken	Tripping-Rift
	45	FAM	557 541	Zoe 101		Life Derek	That's-Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han. Montana	Life Derek
	-	TVA	121 714	TVA 18 heures		Reba	Les Gags	Un vrai cinglé du cinéma (1956, Comédie)		Héros "Double jeu" (HDTV)		TVA 22 heures
	18	CMT	575 583	Reba		Hope & Faith	Home Improve.	Dedicated (N)		Reba	Hope & Faith	Home Improve.
	25	A&E	615 520	The First 48 (HDTV)		Crime 360 (HDTV) (N)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48
	26	MMM	571 581	Popagenda		Uncovered	Back In	Listed		Gene Simmons	Gene Simmons	Johnny Cash
	29	FOOD	603 561	Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America		Unwrapped
	31	SPACE	627 528	Star Trek: Next Gener.		ReGenesis (HDTV)		Intelligence (DVS)		G-Spot	Exes & Ohs	The Shield
	32	SLICE	520 505	(6) Animal Face-Off		MythBusters		Daily Planet "Goes West 4"		Daily Planet		Animal Faceoff
	33	DISC	601 562	Last 10	Bulging Brides	Biggest Loser Australia		Rich Bride, Poor Bride		Last 10	Bulging Brides	Biggest Loser
	34	W	602 567	Shopping Bags	House	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Wasted!
	35	TLC	521 560	American Chopper		Miami Ink (HDTV) (N)		American Chopper		Miami Ink (HDTV)		Overhaul!
	36	BRAVO	620 523	(6:30) Mary Reilly ** (1996, Drama)		Bravonews		Law & Order		Without a Trace		Mary Reilly
	38	SPICE	628 584	TNA IMPACT! (N)				The Ultimate Fighter		84 Countdown		Amazing Video
	40	HIST	522 506	Total War		NCIS "The Immortals"		Crime Stories		Total War		Total War
	41	COM	626 547	Just-Gags	Comics!	Air Force	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	VIP
	43	SPACE	627 528	Star Trek: Next Gener.		Night Stalker		Stargate SG-1 "Sentinel"		Star Trek: Voyager		Star Trek: Ent.
	46	WFLN	294 650	MLB Baseball: Mets at Braves		Family Guy	Family Guy	Seinfeld	Frasier	Out for Justice ** (1991, Action)		
	44	OLPH	411 457	Mark Williams' Big Bangs (N)		Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Everest: Man
	47	STROP	619 525	Inside the Box	Vanity Insanity	Inside Hollywood		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	TAR	621 527	American Idol Extra (N)		The Tonight Show-Jay Leno		eTalk	TMZ	American Idol Extra		Hollywood
	52	HGTV	600 564	Disaster DIY	The Big Flip	Handyman Superstar		Holmes on Homes		Restaurant Makeover		Disaster DIY
	65	TLN	700 800	Muchmsc Ctdn	Born to Be	The Sopranos "46 Long" (SS)		Raymond	Raymond	Raymond	Paid Program	Latin Lover
	92	VISION	269 350	First Talk	News	Raven Tales	Wapos Bay	Canadian Geographic		Reel Insights Troubled youth.		The Mix
	93	VISION	261 394	The Solid Gold Cadillac *** (1956, Comedy)				Emily of New Moon		The Solid Gold Cadillac (1956, Comedy)		
	100	MTV	581 586	The Real World		Made "Ballroom Dancer"		MTV Live		The Real World		Made
	101	MM	570 580	Muchmsc Ctdn	Born to Be	Messed Up-Memorable		Punk'd	Gone Wild	The O.C.		Pussycat Dolls
	102	CPAC	512 396	The Public Record		Tate a Tele	Politics	Headline Politics		The Public Record		Public Record
	103	CLT	526 507	(6) By Way of the Stars		Traders		The West Wing		The District		By Way-Stars
	105	TV5	145 761	Enquête	Les Sauveteurs de l'extrême	Design		Journal TV5	Cinéma	Réalis	Le Cien pasquier	
	106	RDI	126 730	Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

celebritybuzz

He said She said

Charley Galloway/
Getty Images

Denise Richards says an email purported to be from her to ex Charlie Sheen's now-fiancee Brooke Mueller asking for his sperm donation is "not legitimate."

"It's a doctored e-mail," she said on the Today show Wednesday when asked about the e-mail, which came to light during her divorce battle with Sheen. "I would never send an e-mail to [Mueller], and, at the time of that e-mail, I was with [Richie Sambora]. If I wanted anybody's sperm, I'd have asked for Richie's," she said. Sheen said in a

statement to Today that Richards' claims are "absurd."

"The mere fact the she continues to publicly discuss and harass both Brooke and me three years after our separation which, for the record is longer than the actual length of the marriage, is beyond desperate and speaks volumes," he said. Sheen added: "I will no longer sit back and be egregiously painted as a liar. If any proof can be established that these are not in fact her words and statements verbatim, I openly invite her and would even encourage Ms. Richards to sue me in a court of law." On Tuesday, Richards also blamed the media for her breakup with Sambora, saying they suggested she came between the musician and his ex-wife, Heather Locklear. "They [Sambora and Locklear] were getting

divorced; he and I were friends and it happened," Richards told Larry King. "And she had moved on. She was already involved with someone else at the time. It (the press coverage) affected, I think, the circumstances. It was very difficult to sustain a relationship. We were so slammed in the press ... but I did not split up their marriage."

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Mark Mainz/
Getty Images

Whitney cleared

A judge in Hawaii has dropped misdemeanor drug charges against Whitney Houston. According to

imdb.com, the judge has dropped charges, which related to an incident in 2000 when she was suspected of possessing marijuana while going through a Hawaiian airport with ex-hubby Bobby Brown. Houston's record label has said she's been free from illegal substances for three years now.

Metro News Services

Frederick M.
Brown/
Getty ImagesJana Birchum/
Getty Images

Is Billy Bob buggin'?

Billy Bob Thornton is at the centre of a bizarre new police report filed by his former sister-in-law, according to Tmz.com. Elysabeth Cherniak claims the actor has bugged her home and regularly sends her insulting emails. According to a LAPD report she filed, Thornton has been harassing Cherniak — the sister of the actor's fourth wife Pietra — for almost two years. A spokesman for the actor says, "Billy doesn't use e-mail and never has. Anyone who knows him would know that."

Metro News Services

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Getty Images

Alba weds in secret

Jessica Alba married Cash Warren in a secret ceremony on Monday. The 27-year-old actress's representative Brad Cafarelli has confirmed to People.com a wedding took place, but no other details were made available. Alba is currently eight months pregnant with their first child. The Fantastic Four actress recently said of her relationship with Warren, who she met on the set of the 2005 superhero movie, "It wasn't lust, or 'this is my soul mate'. It was, 'Oh, I'm going to know you for the rest of my life.' It was easy." Metro News Services



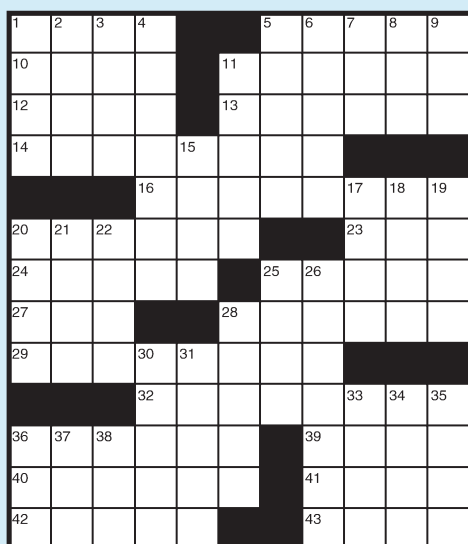
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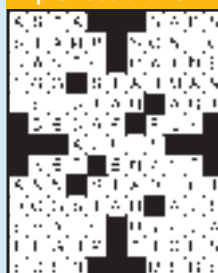
down»

- | | |
|--------------------------|--------------------------|
| 1 "In your dreams!" | 20 African serpents |
| 2 Singer Mitchell | 21 Grand |
| 3 "East of Eden" brother | 22 Damage |
| 4 Magazine order | 25 Base group |
| 5 Informal language | 26 "Sesame Street" group |
| 6 In shape | 28 Throb |
| 7 Goal | 30 Barber a bush |
| 8 Stir | 31 Bess's love |
| 9 Fellows | 33 Vaccine variety |
| 11 Duck hunter's cover | 34 Country singer McCann |
| 15 Pocket stuff | 35 Pup's plaint |
| 17 Like some tea | 36 Ancient |
| 18 Muse count | 37 Dove cry |
| 19 Olympus group | 38 Golf goal |

across»

- | | | |
|-------------------------|---------------------|----------------------|
| 1 Cracked | 16 Noisy do | 29 Basement device |
| 5 Iron output | 20 Close | 32 Plump |
| 10 Ticked off | 23 AFL affiliate | 36 Happens |
| 11 Towhead | 24 Commandment verb | 39 Huron neighbor |
| 12 A party to | 25 Make better | 40 Hotel area |
| 13 Michael of "Bonanza" | 27 — favor | 41 Like Lincoln |
| 14 Subtle distinction | 28 Prissy ones | 42 Happy colleague |
| | | 43 Sign of freshness |

previous answer



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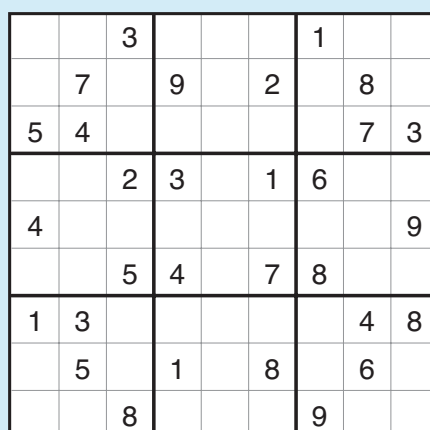

STICKERS

Match the word in the left column with its respective meaning in the right column.

- | | |
|---------------|--------------------------------|
| 1) senescent | a. a section of nails |
| 2) parse | b. in a theater |
| 3) posture | c. wildly extravagant |
| 4) prefigured | d. to analyze or grammatically |
| 5) perennate | e. to openly declare |

Yesterday's Answers

1) A box over any letter in Roman numerals means that number is multiplied by 1,000.
 2) 2,345
 3) DECEMBER
 4) 1,000



instructions»

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time»

Under 13 minutes
 13-17 minutes
 17-21
 21-25
 More than 25

Genius
 Scholar
 Smart
 Pretty good
 Keep practising

previous answer

1	4	5	9	8	3	6	2	7
3	9	8	2	6	7	5	4	1
2	6	7	4	1	5	9	3	8
9	3	4	8	5	2	1	7	6
7	1	6	3	9	4	8	5	2
5	8	2	6	7	1	3	9	4
8	7	3	1	2	9	4	6	5
6	5	9	7	4	8	2	1	3
4	2	1	5	3	6	7	8	9

HOROSCOPE


ARIES | March 21-April 20

A stunning defeat will sadden a loser. A woman will tell a lie for good reasons. You need to recuperate from a risky deed.


TAURUS | April 21-May 21

Be calm with a brash admirer. Dealing with roadwork becomes vexing. Be discreet with a money-making scheme.


GEMINI | May 22-June 21

Making progress will ease your stress. An unexpected sight has you in a tizzy. Help someone out of a financial bind.


CANCER | June 22-July 22

Watch out for wonderful opportunities. Poor conduct will be laughed off. Friends will force you to reassess your life.


LEO | July 23-Aug. 23

Change your mind about making demands. Avoid a confrontation with a bore. A sensational find will cause some healing.


VIRGO | Aug. 24-Sept. 22

An authority figure wants to help out. A new path will alter your love life. Step in to rescue difficult people.


LIBRA | Sep. 23-Oct. 23

Anxiety about a miserable situation will subside. An important person's power will be decreased. Physical discomfort can be relieved.


SCORPIO | Oct. 24-Nov. 22

Reconciliation between workers takes place. You'll be able to endure tremendous emotions. An aversion is clear to everyone.


SAGITTARIUS | Nov. 23-Dec. 21

A profound meaning will be found. Someone will fail to agree with you. Simply ignore an unsophisticated comment.


CAPRICORN | Dec. 22-Jan. 20

A wimpy male has an exciting tale. Understanding will free you from a promise. A lover gets a lesson in emotions.


AQUARIUS | Jan. 21-Feb. 18

An idea will bring out the best in a male. Freedom is declared by a former coward. Avoid impulsively casting blame.


PISCES | Feb. 19-Mar. 20

Don't demand agreement from strangers. Being helpful will lead to news. A marriage is followed by a strange reaction. AVATAR VENUS

This Day IN HISTORY

May 22, 1992: After 30 years, 66-year-old Johnny Carson hosts The Tonight Show for the last time.

May 22, 1990: The Windows 3.0 operating system is released by Microsoft.

May 22, 1960: An earthquake measuring 9.5 on the moment magnitude scale, now known as the Great Chilean Earthquake, hits southern Chile. It is the most powerful earthquake ever recorded.

Metro News Services

Edmonton weather

Afternoon


 Rain. 90%
 10°

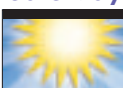
Tonight


 Rain. 70%
 Low 7°

Friday


 Variable.
 17° / 8°

Saturday


 Sunny.
 19° / 11°

The Weather Network

Sunday


 Showers. 40%
 19° / 5°

Temperature

 Normals
 High: 18.9°
 Low: 5.6°

Records

 High: 31.1°/1919
 Low: -5.6°/1888

 Sunrise: 5:21 a.m.
 Sunset: 9:40 p.m.
 Moonrise: 12:12 a.m.
 Moonset: 6:24 a.m.

TWN incorporates MSC data



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9774 170th Street
10103 107th Avenue
10157 – 101st St.
12804 82nd Street
14808 Stony Plain Rd.
18563 Stony Plain Road
Bonnie Doon
Edmonton City Centre
Edmonton City Centre Kiosk
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Sherwood Park Mall
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St. Albert Centre
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Terwilliger Gardens
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